

THE
V E R T U E S
O F
C O F F E E.

Set forth in the W O R K S

of { The Lord *Bacon* his *Natural Hist.*
Mr. *Parkinson* his *Herbal* ,
Sir *George Sandys* his *Travails* ,
James Howel Esq; his *Epistles*.

Collected and Published for the Satisfaction of
the Drinkers thereof. *L. N. K.*

Arbusta juvant Humilesq; Muricæ. Virg.

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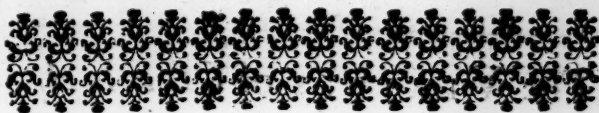
L O N D O N ,

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THE
FERRIS
COLLEGE





To the READER.

GENTLEMEN,



Awing often Drunk Coffa (as many other have done) for Company more then of any Knowledge I had of the Vertue of it; nor could I gain it by Discourse with those who sold of it, nor others which drank thereof dayly; it made me search for satisfaction out of the workes of eminent Authors of our own Nation who have made mention of it in their printed works many years before it was in use here in England, and having found soe much as gave me much satisfaction of the excellent vertues of it, I think it not amiss to let others reap the same benefit.

N. D.

The VERTUES of COFFA.

Of the Turks Berry Drink, called Caova
or Coffa.

M. Parkinsons
Herball. pag.
1622.



Alpinus in his Book of *Egyptian* Plants, giveth us the Description of this Tree, which, as he saith, he saw in the Garden of a certain Captain of the *Favizaries*, which was brought out of *Arabia Felix*, and there planted as a rarity, never seen growing in those places before. The Tree (saith *Alpinus*) is somewhat like unto the *Euonymus* Pricketimber Tree, whose Leaves were thicker, harder, and greener, and always abiding green on the Tree: The first is called *Buna* and is somewhat bigger then a Hazel Nut, and longer, round also, and pointed at the one end, furrowed also on both sides, yet on one side more conspicuous then the other, that it might be parted into two, in each side whereof, lyeth a long small white Kernel, flat on that side they joyn together, covered with a yellowish skin, of an acide tast, and somewhat bitter withal, and contained in a thin shell of a darkish Ash-colour, with these Berries generally in *Arabia* and *Egypt*, and in other places of the *Turks* Dominions, they make a Decoction or Drink wich is instead of wine to them, and generally sold in all their Tap-houses, called by the name of *Caova* or *Coffa*; this Drink hath many good Physicall

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Real properties therein, for it strengthneth a weak Stomach, helpeth digestion, and the tumours and obstructions of the Liver and Spleen, being drunk Fasting for some time together; the *Egyptian* and *Arabian* women use it familiarly while their Courses hold, to cause them to passe away with the more ease, as also to cause those to flow that are stayed, there bodies being prepared and purged aforehand.

Of the Turks Berry Drink called Coffa.

They have in *Turky*, a Drink called *Coffa*, made of a *Berry* of the same name, as Black as *Soot*, and of a strong sent, but not *Aromatical*, which they take beaten into Powder in water, as hot as they can drink it, and they take it, and sit at it in their *Coffa-houses*, which are like our Taverns. This Drink comforteth the *Brain*, and *Heart*, and helpeth Digestion; certainly this Berry *Coffa*, the Root and leaf *Betell*, the leaf *Tobacco*, and the Tear of *Poppy*, (*opium*) of which the *Turks* are great Takers (supposing it expelleth all fear) do all Condense the Spirits, and make them strong and Alacre: But it seemeth they are taken after several manners, for *Coffa* and *Opium* are taken down, *Tobacco* but in *smoak*, and *Betel* is but champed in the *Mouth*, with a little *Lime*. It is like there are more if they were well found out and well corrected.

Lord Bacon's
Natural H. p.
pag. 155.

Of the Drink of the Turks.

Their usual Drink is pure water, yet have they sundry Sherbets (so call they the confections which they

Sir George
Sands Travails
pa. 66. printed
1621.

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they infuse into it some made of Sugar & Lemons, some of Violets, and the like (whereof some are mixed with *Amber*) which the richer sort dissolve thereinto. The *Hony* of *Sio* is excellent for that purpose, and they make another of the *juice* of *Raisins*, of little cost, and most usually drunk of: Wine is prohibited them by their *Alcoran*, they plant none, they buy none, and death hath been the penalty unto such as presumed to bring any in; they prefer our Beer above all other Drinks, and considering that wine is forbidden, that water is with the Rawest (especially in this Clime) the dearness of Sherbets, and plenty of Barly (being here sold for not above nine pence a Bushell) no doubt but it would prove infinitely profitable to such as should bring in the use thereof amongst them: although they be destitute of Taverns, yet have they their *Coffa-houses*, which do something resemble them; there sit they chatting most of the day, and sip of a Drink called *Coffa* (of the Berry that it is made of) in little *China Dishes*, as hot as they can suffer it, black it is as soot, tasting not much unlike it (why not that black Broth which was used amongst the *Lacedemonians*) which helpeth, as they say, Digestion, and procureth Alacrity. Many of the *Coffa-men* keeping beautiful Boys, who serve as Stales to procure them Customers.

Of the Drink of the Turks.

Amongst the *Turks* at this day, the want of wine hath caused them to devise other Drinks to their meat; for the better sort *Usaph*, which is water sod with

Sir Hen. Blunt's
Voyage to the
Levant p. 191.

with Raisins, sometimes with Hony, but above the rest they esteem *Sherbets* made with Sugar, the juice of Lemmons, Peeches, Apricocks, Violets, or other Flowers, Fruits, and Plums, as each Country affords; these they dry together into a consistence reasonable hard, and portable for their use in war, or elsewhere, mingling about a spoonful with a quart of water, they have another Drink not good at Meat called *Coffa*, made of a *Berry* as big as a small *Bean* dried in a Furnace and beaten to Powder, of a *Soot* colour, in taste a little bitterish; that they seeth and drink as hot as may be endured; it is good all hours of the day, but especially Morning and Evening, when to that purpose they entertain themselves two or three hours in *Coffa-houses*, which in all *Turky* abound more than Inns and Alehouses with us, it is thought to be the old Black Broth, used so much by the *Lacedaemonians*, and it drieth ill humours in the Stomach, comforteth the Brain, never causeth Drunkenness, or any other Surfeit, and is a harmless entertainment of good fellowship, for there upon *Scaffolds* half a yard high and covered with Mats, they sit crosse-legg'd after the *Turkish* manner, many times two or three hundred together, talking, and likely with some poor Musick passing up and down.

-- But as for the two remarkable Simples which you must employ, that is, Tobacco and Coffa, a man may guesse at their rare Efficacy, who observes how universally they take with mankind, and yet have not the advantage of any pleasing taste wherewith to tempt and debauch our Palat, as Wine and other pernicious things have; for at the first Tobacco is most horrid and Coffa insipid, yet do they both so generally prevail, that Bred it self is not of so universal use. The Tartars and Arabs

Part of Sir H. Blunt's Letter to Mr. Justice Rumsley printed at the beginning of his Organon salu- tis 1659.

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two great Nations, have little or no use of bread, yet they the Turks, Persians, and most of the Eastern World, have howly use of Tobacco and Coffa, but especially of Coffa, for besides the innumerable store of Coffa-houses, there is not a private fire without it all day long, they all acknowledge how it frees them from Crudities caused by ill Diet, or moist Lodging, in so much as they using Coffa Morning and Evening, have no Consumptions, which ever come of Moisture; no Letbargies in aged People, or Rickets in Children, and but few Quaims in Women with Child: But especially they hold it of singular prevention against the Stone and Gout. When a Turk is sick he fasts and takes Coffa, and if that will not do, he makes his Will, and thinks of no other Physick.

Part of a letter
James Howell
Esq. printed in
the same Book.

Touching Coffa, I concur with them in opinion who hold it to be that black Eroth which was used of old in Lacedemon, whereof the Poets sing, surely it must needs be salutarious, because so many sagacious, and the wittest sort of Nations use it so much, as they who have conversed with Skithes and Turbants do well know: But besides the efficacious quality it hath to drie up the Crudities of the Stomach, as also to comfort the Brain, to fortifie the sight with its steem, and prevent Dropsies, Gouts, and the Seurvy, together with the spleen, and Hypochondriacal winds (all which it doth without any violence or distemper it all) I say, besides all these qualities, it is found already that this Coffa Drink hath caused a great sobriety amongst the Nations; for whereas formerly Apprentices and Clerks with others used to take their Mornings Draught in Ale, Beer, or Wine (which by the Dizziness they cause in the Braine, make many unfit for business) They use now to play the goodfellows in this Wakofut and civill Drink. Therefore that worthy Gentleman Sr. James Muddiford who introlduced the practice hereof first to London deserves much respect of the whole nation.

F I N I S.



